



The mission of The Wellness Community is to help people affected by cancer enhance health and well-being through a professional program of emotional support, education, and hope. All programs and services are provided free of charge.

FITNESS

AFTER

CANCER

TREATMENT:

Functional

Movement

for Survivors

Wednesdays for 6 weeks, 6:00 - 7:00 PM

beginning September 22 - no class 10/13

This 6 week program will teach you to work with your own body to increase muscular strength, endurance and balance. We often think that we need expensive equipment in order to build physical strength- this is not the case.

This functional strength training course will be taught by **Cathy Bryan, M.Ed., ACSM Certified Personal Trainer.**

Please register by September 17.

the PHILADELPHIA
wellness.
community
AN AFFILIATE of the CANCER SUPPORT COMMUNITY

The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive
Philadelphia, PA 19131

215-879-7733 • www.twcp.org